

# OPERATION: SAFE SUMMER



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**D** 101 CRITICAL **R**  
DAYS OF SUMMER





# AETC commander promotes safe summer, releases video message

By Master Sgt. Michael Briggs  
Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – The commander of Air Education and Training Command took an active role in promoting a safe summer with a video message released to the field recently.

The 4-minute video from Gen. Don Cook is mandatory viewing for all members of the command and addresses accidental and suicide deaths.

The commander’s message is the latest initiative of the Operation Safe Summer campaign launched by AETC in April.

The goal of the program is to have a fatality-free summer during the period between Memorial Day and Labor Day when the Air Force historically sees a rise in accidental injuries and deaths among its members.

The safety and suicide prevention messages are even more critical this spring as deaths in both categories have



Cook

increased dramatically over past averages.

“We are only about halfway through the year, but 2004 has already been a tragic year for fatal accidents in AETC,” General Cook said in his message. “One accidental death is one too many, and this year

alone we have had to console the families and friends of 11 of our teammates who have perished in fatal accidents. Two died in aircraft accidents and nine died in motor vehicle accidents.

“We must halt this deadly trend, and the first step is to commit ourselves to a fatality-free 101 Critical Days of Summer.”

The commander urges the members of the command to take care of each other during on- and off-duty activities. That message is critical in the prevention of suicides, he said.

“Taking care of each other is also about suicide prevention,” General Cook said. “Very much like the disturbing trend in accidental deaths, our command and the Air Force have seen a significant spike in the number of suicides during the first half of this year. In AETC alone we have had to face the heartbreak of six self-inflicted deaths during the past six months.”

The commander urged the members of the command to be attuned to the warning signs of

suicide and to remain vigilant.

“You must have the personal courage to offer compassion, understanding and advice when confronted with a teammate who is having difficulty,” he said in the video. “You must take personal responsibility to confront self-destructive behavior when you observe it in others, and you must lead these teammates to find life-enhancing solutions.”

In the summer of 2003, six people in AETC died in accidents. Five Airmen were killed in vehicle accidents, and one died in an all-terrain vehicle mishap. Overall, the Air Force lost 37 Airmen to accidental deaths last summer, a significant rise over the 30 airmen who died in accidents Air Force-wide in 2002 and the 19 who died in 2001.

“The next five months are particularly hazardous because of the activities many of our people participate in,” General Cook said. “You cannot take the historical summer spike in personal injury and fatal accidents for granted. And you must

avoid complacency because accidents associated with summer activities are, for the most part, preventable. You must recognize the hazards and avoid behavior that puts you, your family, your friends and your Air Force colleagues at risk.”

Everyone must completely understand the Operational Risk Management program and “live it,” the commander said. That means using education, training, supervision and technical order guidance to keep people safe.

“I charge each of you to continue to conduct our mission with the professionalism and esprit de corps you’ve demonstrated so courageously this past year,” the general concluded. “Pay attention to your gut instincts and at all times strive to take care of each other. It is what Airmen do.”

The commander’s video should arrive in the field the last week of May. People can view the video online at <http://www.aetc.randolph.af.mil/pa/aetcns/May2004/052004194.wmv>.



The 101 Critical Days of Summer 2004 campaign begins at 4 p.m. on May 28 and ends at 7 p.m. Sept. 7.

During the 2003 campaign, the Air Force experienced 36 fatalities. Sixteen involved 4-wheel motor vehicles while another 14 involved motorcycles. The link below provides a summary of mishap experience.

June and July continue to be the leading months for fatal

mishaps. But, August was the more deadly month in 2003.

This annual Air Force-wide campaign began in the early 1980’s. Safety officials developed it to counter the traditional increase in AF mishaps and fatalities that occur during the summer months.

Campaign efforts attempt to increase personal awareness of risk and thereby reduce the number of summer mishaps and

fatalities. Traditional efforts include: messages by senior leadership; mass briefings by commanders; weekly supervisory briefings; pre-trip/travel/departure briefings; etc.

Installations will target their efforts based upon their local hazards and needs.

For more information about safety, call the 82nd Training Wing Safety Office at 6-7305.

# ADVERTISEMENT

## Be a safety cheerleader!

Get excited about saving lives

By **Brig. Gen. Arthur J. Rooney, Jr.**  
82nd Training Wing commander

Safety is a word you've heard a hundred times. And I'm sure you've sat through briefings on the ill effects of drinking and driving, wearing a helmet, eye protection, weather safety and summer activities.

After the barrage of communication, all important and timely, it's easy to become jaded to the messages.

I urge you to refocus. Our Airmen and families are our most important asset. We must actively engage our team to ensure that safety is at the forefront of the mission. Summer is a key period. During this 101 days, the Air Force is putting a special emphasis on the safety of our Airmen, our families and our workplace.

As Sheppard always has, we'll continue to set the benchmark: 100 percent commitment to our people.

During safety fairs and designated days, we'll take a hard look at new ways to get the message out; that's one reason we've launched this special safety pull-out.

I know you'll find



Rooney

some new ideas on how to have fun and stay safe.

Each of you needs to be absolutely committed to the safety of our team. Lead by example: buckle up, get a designated driver, practice Personal Risk Management, stay hydrated. When you are a safety cheerleader, your team will get the message that you're serious about their well-being.

Give me an "S"  
Give me an "A"  
Give me an "F"  
Give me an "E"  
Give me a "T"  
Give me a "Y"

What's that spell...that's right: "LIFE-SAVER!"

## Keep safety on your radar everyday

**Col. H.D. Pumbo, Jr.**  
80th Flying Training Wing commander

Becoming a pilot isn't easy. It's funny, but the common perception is that we simply hop into an aircraft and "hot-dog" through the sky like teenagers on a joy ride.

In reality, flying a military aircraft requires an immense amount of concentration, preparation, physical effort, attention to details and teamwork.

Our pilots execute a complex series of tasks while thinking ahead to anticipate everything from weather phenomena, wildlife hazards, mechanical difficulties, navigation and even other aircraft. Add to all those concerns the task of teaching another individual how to handle a multi-million dollar machine and the "fun" of flying becomes a little more like a big, serious and sometimes dangerous job.

To mitigate the inherent risk of flying, every squadron in the Air Force has a dedicated safety officer and strong safety education program. Their job is to always keep safety on the radar screen. They help identify hazards, plan for emergencies and educate our staff on ways to make our work environment (wherever that may be) more secure.

At home, none of us has a dedicated safety officer. That's why it's important to seek out information like this special section to educate your office and your family about how we can operate in our hazardous world while keeping each other safe and sound.

My no-nonsense safety plan is easy to follow. With a few easy steps you can dramatically increase the level of safety in your personal life.

Buckle Up: The most dangerous thing you may ever do is drive an automobile. Don't make it more so by not buckling yourself and your passengers in. Seatbelts

save lives everyday...just look at the column by Col Schwartz, a pilot right here at Sheppard.

Have a Wing Man: We've all heard stories about solo hikers wandering into the country and getting lost. Whether it's flying, swimming, mountain climbing or just going for a walk — having a "spotter" or a friend along for the



Pumbo

ride is an extra set of wits that may make up for your momentary bad judgment.

Be Aware: When we fly, we're constantly looking at our surroundings and our instruments to anticipate what might happen next. When you're mowing the grass or changing a fan blade, take a look around and notice the hazards that you control — you might find that there are a lot of things you can do to make any task safer. You are wearing eye protection, right?

These three easy steps will instantly decrease your chances of being injured in an accident or other mishap. They're only the beginning, but with the wealth of information Team Sheppard has supplied in this section, you're well on your way to a safe and happy summer.

Enjoy this summer safety pull-

out and pass it on to your coworkers and family. We want to see each and every one of you back safe and sound in the fall.

Keep safety on your radar — everyday!

### Sheppard Senator Safety Supplement

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82nd Training Wing commander

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# Advertisement



Outdoor activity creates greater risk for injury

By 1st Lt. Laura Renner  
Base public communication

What’s in a summer weekend? Heading out to the lake, boating, water skiing, drinking, cooking out or perhaps some volleyball on the shore? How about chillin’ at the pool and a barbecue? Or even camping, hiking or mountain biking in the Wichita Mountains? Maybe staying in to complete some housework? With more hours of daylight and the end of winter break, outdoor activities in the summer pose a greater risk for injuries. Jim Zillweger, the safety and occupational health manager for the 82nd Training Wing safety office, said early summer brings more safety hazards

because people don’t prepare themselves. “With longer days, there’s more time for recreational activities,” Mr. Zillweger said. “And after the winter, when people tend to be less active, jumping into activities you’re body isn’t prepared for leads to more injuries.” He suggests people prepare themselves before getting full swing into outdoor activities. “If you’re doing things you haven’t done in quite some time, preplan,” he said. “For physical fitness type activities, stretch. Read up on requirements of other activities. Know how to use equipment.” Mr. Zillweger cited rules of the road as an example of what people tend to forget when summer arrives. When walking or running, go against vehicle traffic, he said. This allows pedestrians to see oncoming traffic and protect themselves from inattentive vehicle operators. The opposite holds true for bicyclers. They should view themselves as a vehicle. Thus should go with the flow of traffic. He also reminds people to not wear headphones while walking, running or biking as it prevents them from hearing what’s going on around them. Protection from the north Texas summer heat should be another safeguard when participating in outdoor activities. “Basically, in this area, stay well hydrated, drink water, use sunscreen,” said Lisa Muse, the director of Outdoor Recreation here. “That’s the biggest thing here is the heat.” The outdoor recreation center offers rental equipment for all sorts of activities including camping, water sports, fishing, parties, picnicking, home improvement, lawn and garden work, and other miscellaneous activities. It also provides Team



Photo by Airman 1st Class Jacque Lickteig  
**Airman Chris Coniglio of the 82nd Services Division demonstrates the “kill switch cord” that are installed on all Sheppard boats at Outdoor Recreation. One end of the cord is hooked up to the throttle box and the driver. If the driver falls overboard, the cord disconnects from the boat and turns the engine off.**



Photo by 1st Lt. Laura renner

**Sheppard Outdoor Recreation assistant Earl Ellis hands a bicycling helmet to 2nd Lt. Brad Burns before he heads out for an afternoon of cycling. As warmer weather comes to the area, increased activity poses a greater risk for injury to Team Sheppard members and their dependents.**

Sheppard with a skeet range, mobile climbing wall and three swimming pools. For all equipment, renters must go through a checklist, which includes safety precautions, when checking out the products, especially the larger ones, Ms. Muse said. The outdoor recreation center also creates another avenue of safety for renters by providing safety equipment free of charge, Ms. Muse said. For example, gloves and eyewear comes with renting a lawn mower; a helmet comes with a bike and life preserver-some with the rental of a boat. If a renter has never before rented a particular piece of equipment, the outdoor rec staff goes through all safety procedures with them, she said. For example, a person wanting to rent a boat must first watch a video that presents Texas safety rules, Ms. Muse said. Then they walk through the elements of the boat with a staff member. She said the equipment the outdoor rec center tends to use has safety triggers of their own. For example, their lawn mowers will turn off when the handle is released; all boats have fire extinguishers and come with clips that will turn the engine off if the operator were to fall overboard; and canopies for outdoor events come with charts that show how to put them together as well as how many people are needed to safely raise the canopy. Ultimately, participating in outdoor activities garners a higher level of risk than most activities. Be sure to pay more attention this summer when participating in these activities. “Have fun but have some common sense,” Ms. Muse said.

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Preparation key to fitness activities

By Senior Airman Chris Powell  
Senator sports editor

Summer brings opportunities for Team Sheppard members to participate in sports and other fitness activities that winter and spring didn't. But it also brings new opportunities for injury.

The period between Memorial Day and Labor Day, known as the 101 Critical Days of Summer, is a period of increased off-duty injuries caused by increased activity and risk taking.

Master Sgt. Richard Garnett, the manager of the north fitness center, said people should prepare for any outside or inside problems that activities can cause.

"It's very important that people take the proper safety precautions to minimize their risk for mishaps," he said.

Perhaps the most overlooked aspect of sports and fitness is use of equipment.

Kim Houk, the fitness program manager at the health and wellness center, said some injuries are caused by a lack of knowledge of equipment.

"People need to make sure they understand what kind of equipment, clothing and footwear is needed to safely play the sport they have chosen," she said. "Also, people need to at least be participating in 30 minute workouts for three times a week before they begin to participate in a rigorous workout."

Although knowing the equipment is important, it is just as important to make sure active members replenish fluids.

"The most important thing to keep in mind for sport and fitness safety is to stay hydrated," Ms. Houk said. "People should drink water before they workout, every 15 to 20 minutes during and drink plenty of water after their workout."

She said a sports drink is a good way for someone to replenish electrolytes if a person is sweating for more than an hour while fitness activities.

Sergeant Garnett said a big reason why people are injured in sports or other fitness activities is because they don't properly prepare before they begin.

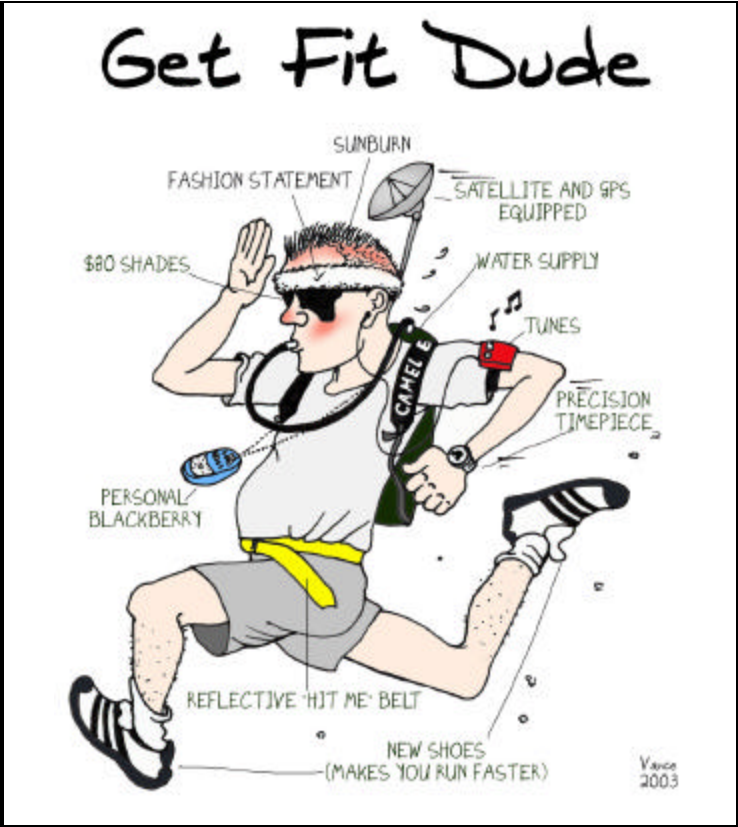


Photo by Airman 1st Class Jacque Lickteig

Proper technique and hydration are key to fitness activities in the summer. According to a base fitness program manager, one of the primary causes for fitness injuries is a lack of knowledge of the equipment used.

bodies natural way to cool itself down, so you should wear clothing that allows you to do so."

People who would like to know more about sport and fitness safety can ask any of the Sheppard fitness center staff, personal trainers or the heath and wellness center staff.



Courtesy of the Air National Guard

ADVERTISEMENT

# There’s more to auto safety than safe driving

By 2nd Lt. Brooke Brander  
Base public communication

When you think vehicle safety, you think about wearing your seatbelt, driving the posted speed limit, and never driving while impaired.

However, another important factor in vehicle safety is regular and proper vehicle maintenance.

Vehicle maintenance should take place regularly in order to keep the driver and all passengers in an automobile safe.

Tech. Sgt. Jerry Crawford, 82nd Training Wing Safety Office, said the best place to find information on your vehicle’s necessary maintenance schedule is your automobile’s owner manual.

Checking the level of your vehicle’s oil and changing it on a regular basis should be one of many regular maintenance occurrences.

Albert Milbern, Army-Air Force Exchange Service Auto Pride shop automotive worker highlighted the appropriate time between oil changes.

“You have to change your oil every 3,000 miles or every three months,” Mr. Milbern said. “Which ever comes first.”

Failure to change your oil on a regular basis could lead to poor gas mileage to something as severe as engine failure, he said.

There are other fluids in your vehicle that need to be checked and replaced regularly as well, including your transmission fluid, brake fluid, anti freeze and windshield washer fluid.

“You need to change your antifreeze ever two years, regardless,” Mr. Milbern said. “But you should check the level every few months.”

Sergeant Crawford said keeping a clean windshield is important.

“Your windshield washer fluid is very important,” he said. “Bugs and mud can

## PRE-DRIVING TIPS

Wearing a seatbelt and being a defensive driver are probably the most important things about operating a vehicle.

But, there are a few steps that should be taken before you get in a car that could protect you, your family and other motorists.

Motorists should regularly check:

- Tire tread depth
- Tire air pressure
- Automotive fluid levels
- Seatbelt ware
- Windshield wipers

For more information about these items, stop by the Auto Skills shop at Bldg. 55 or call 6-2249.

obstruct your view through the windshield and your windshield washer fluid is what cleans it off so you can actually see where you’re going.”

For your vehicle’s scheduled maintenance and necessary levels for brake and transmission fluid, consult your owner’s manual or the dealership.

Sergeant Crawford said changing out windshield wiper blades is important for your safety and very affordable, about \$10-20.

“You want to look for dry-rot on your wipers,” he said. “Dry-rot looks like a white chalky film on the black rubber part of the wipers.”

Wipers that fail due to age and/or dry-rot will be infective in clearing you field of vision during a sudden down pour or mud splatter, he said.

“How can you be safe when you can’t see where you’re doing?” Sergeant Crawford said.

Your tires are another part of your vehicle that needs regular maintenance in

order to ensure your safety while driving.

“Be aware of your tire tread depth and air pressure,” Sergeant Crawford explained.

He said the easiest way to determine if the tread on your tires is still good, just take a penny and place it in between the tread of the tire with Lincoln’s head facing down. If you can see the top of his head, you need new tires.

“Driving on tires with little tread can cause a blow-out, and depending on the situations and environment you’re driving in that could be deadly,” he said.

Mr. Milbern explained the importance of proper tire pressure in order to get the best gas mileage out of your car and ware out of your tires.

“You can’t go by the psi [pounds per square inch] on the inside of the door,” he said. “You have to look on the tires themselves and you’ll see the max psi for those tires. That’s what you want to go with and you’ll get better ware and gas mileage.”

Sergeant Crawford highlighted a frequently overlooked component of vehicle maintenance, seatbelts.

“You need to examine you seatbelts



Photo by 2nd Lt. Brooke Brander

**Albert Milbern (above), an Army-Air Force Exchange Service Auto Pride shop automotive worker at the Auto Skills shop, says maintaing proper fluid levels in a vehicle is important during the summer to ensure a safe trip.**

regularly for worn areas and frayed or tattered edges,” he said. “A wore seatbelt can break and that’s the last thing you want during a crash or sudden hard stop.”

Check you owner’s manual. Know your vehicle’s maintenance schedule and keep yourself and your passengers safe while riding in your automobile.

A radial tire can lose much of its air pressure and still appear to be fully inflated. Operating a vehicle with substantially under-inflated tires can result in a tire failure, such as instances of tire separation and blowouts, with the potential for a loss of control of the vehicle.

# ADVERTISEMENT



Seatbelt saves life of 80th FTW instructor

By Col. Bernard Schwartz  
80th Flying Training Wing

I was driving home from work recently a little after 5 p.m. on Missile Road. It was a calm, cool afternoon so I was enjoying the drive home in my Ford Mustang.

There wasn't much traffic on the road; I was looking forward to taking my daughter to her ballet class and having dinner with my wife and family.

I signaled to get into the outside lane around a group of cars that were turning left. Apparently the driver of an Oldsmobile thought I was going to turn into the next cross street and he pulled out in front of me.

I slammed on the brakes and honked my horn, but I still hit his car squarely on its side. I've been driving for 28 years and had never been in an accident until that moment.

My car seemed to take a long time to slow down even though I was driving between 40 and 45 mph – the posted speed limit is 45 mph.

The impact was amazing considering the speed I was traveling. I'm used to pulling G's as a fighter pilot, but this was like nothing I had ever felt.

All of the air in my lungs was instantly expelled. I couldn't breathe, my body hurt and I was confused for a few moments. Then, just like in the movies, it seemed to be very quiet while the world came back into focus.

My Mustang and the Oldsmobile were built before airbags were installed on most cars. At those speeds, I'm almost glad I didn't have to deal with an explosion inches from my face.

Even if they had airbags, I'm told that it's unlikely they would have deployed at those speeds.

For a few long moments, neither I nor the other driver moved. It felt like a long time before I could breathe.

My chest ached like what I imagine a heart attack might feel. Amazingly, my first thoughts were, "I hope the other guy is okay."

I was lucky: I was wearing my seat belt. Once the ambulance arrived I realized how bad that day could have been. Just like you, I consider myself a "good driver." You simply can't say that about everyone else on the road.

My advice to Team Sheppard is simple. Buckle up! Because I was wearing my seatbelt, the flight surgeon was able to certify that I was "good-to-go" less than 24 hours later. My only injury: a few muscle aches and a bruise on the left side of my chest.

Had I been unbelted, I could have easily sustained serious injuries...or worse.

You can never predict when or where you'll be in danger, but by wearing your seatbelt you'll know you're always prepared.

I never thought I'd be in an accident. In fact, I planned to keep that Mustang forever. I'm now

shopping for a new car, but that Mustang will still hold a special place in my mind.

Because all of the crumple zones, seatbelts, fuel cut-off and other safety features worked properly, my Mustang saved my life.

An auto accident is a life-altering event. My perspective on many things has changed...forget about that car, I'm glad to be well and able to go home to family every night.

Had I not been wearing my seatbelt, I might have been asking God for my health instead of thanking him for it.

*Editor's Note: Since his accident Col. Bernard Schwartz has returned to flying and by all accounts is fully recovered. He's applying his experience to the Air Force — he just completed serving as the chair of an accident investigation board looking into an aircraft mishap at Laughlin Air Force Base, Texas.*

82nd SFS encourages safety first during summer activities

By Master Sgt. Louie Borja  
82nd Security Forces Squadron

As the hot days of summer approach us, we will soon be noticing more outdoor activities both on and off Sheppard.

There will be children playing in the streets, walking to the pools, riding their bicycles and skateboards or just hanging around. Families will take their vacations and often drive long distances to see the sights and visit friends or relatives.

Security Forces asks all Team Sheppard members to keep safety in mind during the 101 Critical Days of Summer.

Always follow the posted speed limit, particularly in the housing areas where children may unexpectedly jump onto the street chasing a ball.

Remember that a child may be more concerned with having fun than looking both ways before crossing the street. Be an attentive driver!

If you will be driving long distances, plan for the trip; begin by preparing your vehicle. Check for proper tire condition and inflation; ensure fluid levels are topped off.

Always rest before you start your journey; taking off after finishing a work shift is not a smart thing to do, especially, if it was a midnight shift! Have maps handy; know the route you are taking and have an alternate route just in case.

Taking some extra money for any unexpected emergencies.

Ensure a friend or neighbor knows your route and has a contact number should something at home need your attention; and finally have a neighbor or security forces monitor your house if you reside on the installation while you are away.

If you live off base, have a friend or co-worker stop by and check on your home.

Every year there are many needless injuries and deaths due to the lack of proper care and planning. Sadly enough, many of these unfortunate incidents occur because people overextend themselves.

Never drive for extended periods of time without stopping for a stretch. Sitting behind the wheel of a car for two hours can be mesmerizing, particularly if driving at night.

Even large amounts of caffeine may not be enough to keep you alert enough to drive safely.

While planning and precautionary steps are extremely important while driving your four-wheeled vehicle, the importance is ten-fold if you are operating a motorcycle. All motorcycle operators are reminded that in addition to following the safety tips listed, taking the rider safety course is a must.

Motorcyclists must wear approved head and eye protection, gloves and suitable reflective clothing. Though the temperature may be hot, a rider wearing shorts is not!

Remember, children who ride bicycles and skateboards in authorized areas that as a minimum head protection will be worn at all times. Have a safe summer!



ADVERTISEMENT

# Jacket saves motorcycle rider’s skin

By Master Sgt. Alan Lewis  
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. (AETCNS) – While traveling to an appointment on my motorcycle recently, I was confronted with a decision no one wants to make.

I had to either lay my motorcycle down and go under a vehicle’s tires or carom off the side of the vehicle and be violently pushed over a median into oncoming traffic.

I have read articles in base newspapers and heard safety briefings throughout my 20

years of service about motorcycles and their risks. Every time I ride, I choose to take on those risks.

At the same time, I do my best to minimize how much risk I expose myself to by keeping the six steps of Operational Risk Management in mind.

On the morning of my accident, I had to choose what I would wear. The Air Force mandates riders wear a bright, contrasting outer garment. The requirement can be met by simply wearing a brightly colored traffic vest. On the other extreme, riders can wear a full

body suit that offers the most personal protection. These suits can be made of leather or thick textile materials made for impact and abrasion resistance.

I had to choose between my vest or my new leather jacket. It was a warm morning, but after some thought, I decided to wear my jacket because it was a ride that was farther from home than my normal trip to the base. This proved to be a fateful decision.

I was no more than two miles from my home when another driver turned into my lane. I saw the other driver was stopped and ready to turn right and I antici-

pated the driver’s move and slowed down before entering the intersection. Even though I was well under the speed limit when the other driver pulled out, I was still traveling too fast to stop before hitting the vehicle.

The end result was my motorcycle and me hitting the side of the other vehicle and flipping over the median into the oncoming traffic lanes. The motorcycle and I slid for about 30 feet before coming to an abrupt stop.

The driver said the same thing most drivers say when involved in a motorcycle and car collision, “Where did you come

from? I didn’t see you.” The lessons I learned from this frightening experience start with just how much protection a leather jacket can provide.

My new jacket is completely destroyed. Several areas had holes ground all the way through, but I got only a slight scratch on my arm. Had I worn just the vest and not my jacket, my skin would have taken all the damage the jacket absorbed. The only time I will ever wear the vest again will be over the top of my leather jacket.

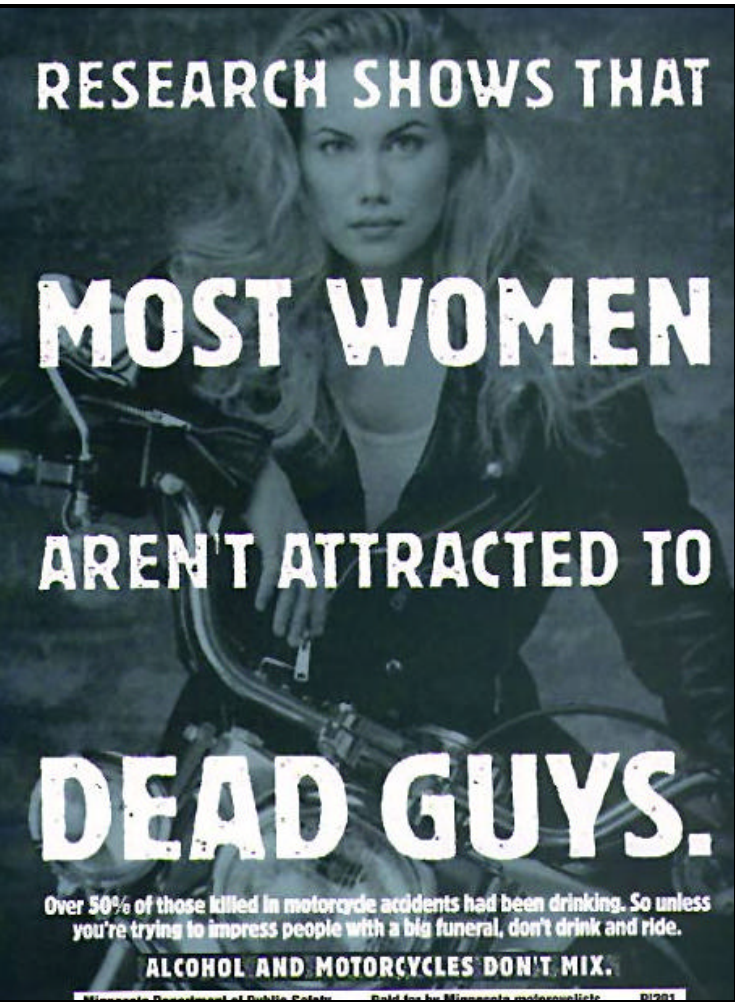
The second lesson is applying all the training and mentoring I have been lucky to receive over the years. I know sometimes it can be repetitive, but from this experience, everything was worth my time and attention.

I used scanning techniques I was taught in the Motorcycle Safety Foundation’s Basic Rider Course, as well as ORM I learned in safety briefings. All of this, combined in a split second, helped minimize the damage and quite possibly saved my life.

New riders: Get the training. It could save your life. Experienced riders: Seek out the younger riders and pass on your wisdom and experience. Mentor them. Take the time to help save the life of a fellow rider.



Courtesy photo



Some motorcycle riders like this one think wearing a long-sleeved jacket on hot summer days isn’t cool. But, a jacket could save the skin on your back. Air Force and Air Education and Training Command mandates that all motorcyclists will wear the proper protective equipment.

**In 2003, 14 motorcyclists were killed in fatal accidents. Be smart. Use protective equipment when riding.**

ADVERTISEMENT



# Summer safety for kids

By Airman 1st Class Jacque Lickteig and Carolyn Knothe  
Base public communication

With lazy, hazy days of summer fast approaching Texoma, children will be involved in many outdoor activities that can quickly lead into dangerous situations.

The sun, the pool, bugs, bikes, playgrounds, fireworks and cars pose as potential threats to the children in our area.

To lessen the effects of the harmful sunrays, parents should ensure their children wear SPF 15 or higher sunscreen at least 30 minutes before they go outside, even on cloudy days. The sun's rays are most fierce between 10 a.m. and 4 p.m. Children should avoid sun exposure during those hours. They should also wear a hat with a 3-inch brim, sunglasses and cotton clothing.

The heat of the sun can also bring about heat stress. Children should drink plenty of water before prolonged physical activity in the heat and every 20 minutes during the activity. They should also wear lightweight, light-colored clothing.

Swimming is a great way to cool off when the temperature reaches the 100s, however, safety is important.

"Accidents can happen very quickly in the water," said Lisa Muse, an outdoor recreation employee.

An adult should always accompany children under 11 when they are around water.

Texas law requires children under 13 to use Coast Guard-approved personal flotation devices. Water wings and other



Alessia Castro and Ally Ostrander, left, and Kaleb Barber, below, enjoy a sunny day on the playground at the child development center. Playground safety is often overlooked, but it is one of the most common locations for children to get injured.

Photos by Airman 1st Class Jacque Lickteig

inflatable toys are not life preservers.

"They give a false sense of security for both child and parent," Ms. Muse said.

Danger surrounds children even if they're playing in shallow water. A list of tips issued by the Consumer Federation of America stresses that children could drown in as little as an inch of water in a 5-gallon bucket.

Playing in the water shouldn't be a parent's only concern.

Playgrounds offer up threats like injuries from falls, impacts with moving equipment, entanglement, entrapment, sharp objects, hot surfaces and debris, Ms. Muse said.

According to the CFA, falls at playgrounds cause 80 percent of all injuries, so a safe surface is important.

Parents should make sure

their children's clothes do not have loose hood ties and other objects that can get entangled with equipment.

To keep bugs away from children, parents should not use perfumes, scented soaps or hair-spray in their children's hair. Children should avoid stagnant pools of water, uncovered foods and flower blooms.

Use insect repellents that contain DEET, except for on children under 2 months of age.

Although vehicles can be dangerous at any time of the year, the risks to children increase during the summer months.

Parents should never leave a child unattended in a car. In 2001, at least 34 children died when they were left in hot cars. Even though the outside temperature doesn't seem that hot, the temperature inside a car can

rise past 100 degrees in a matter of minutes.

When driving in reverse, drivers should back out slowly. Since children are outside more often in the summer months, the risks of backing into one increase.

Since the summertime brings such pleasant weather, more children take advantage of the nice days to ride bikes, scooters and skateboards.

Ms. Muse said children "need to wear helmets and follow the rules of the road."

For more child safety tips, visit the AAP's Web site at [www.aap.org/family](http://www.aap.org/family).



# ADVERTISEMENT

Food preparation can stop summertime ills

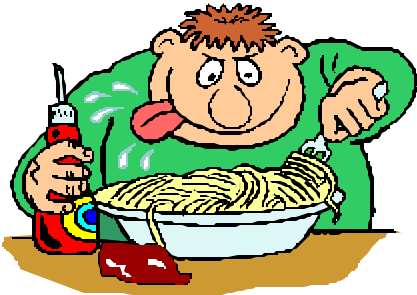
By Staff Sgt. Kandice Huston  
Public Health Flight

With temperatures rising in the 80s, 90s and even 100s, it is safe to say that summer has arrived in Wichita Falls. Soon friends, family and co-workers will be gathering for pool parties and barbecues. Can you already smell the delicious aroma of sizzling steak?

Well, along with your food tasting great, I want you to stay feeling great. By this I mean preventing a food-borne illness. In order to prevent a food-borne illness, you should consider the sources.

There are four sources of illness you want to keep from contaminating your food and water. They are disease-carrying bacteria, viruses, parasites, and toxins.

Once you ingest them, you can start having any of the following symptoms: nausea, severe abdominal cramping,



vomiting, and/or diarrhea. This would definitely put a damper on summer fun.

The Partnership for Food Safety and Education recommends following four easy steps to prevent food illness: cleaning, separating, cooking and chilling.

Step 1 (Cleaning) - Prior to handling food, wash hands with warm soapy water for 20 seconds. Wash cutting boards and utensils with hot, soapy water after preparing each food item. Use plastic or non-porous cutting boards.

Step 2 (Separating) - When shopping, separate raw meat, poultry, and seafood from other foods in the grocery cart. Also, store these items on the bottom shelf of refrigerator to prevent juices from dripping on other items. Try not to use the same cutting board for raw meats and ready-to-eat foods. Never place cooked meat on a plate that previously had raw meat, poultry or seafood and has not been properly

Cooking temperatures		
Consider the following cooking temperatures when preparing meals:		
<b>Eggs &amp; Egg Dishes</b>		<b>Fresh Lamb</b>
Eggs Cook until yolk & white are firm		Medium 160°
Egg dishes	160°	Well Done 170°
<b>Ground Meat &amp; Meat Mixtures</b>		<b>Fresh Pork</b>
Turkey, chicken	165°	Medium 160°
Veal, beef, lamb, pork	160°	Well Done 170°
<b>Fresh Beef</b>		<b>Poultry</b>
Rare	145°	Chicken, whole 180°
Medium	160°	Turkey, whole 180°
Well Done	170°	Poultry breasts, roasts 170°
<b>Fresh Veal</b>		Poultry thighs, wings 180°
Medium	160°	Stuffing (cooked alone or in bird) 165°
Well Done	170°	Duck & Goose 180°
		Ham
		Fresh (raw) 160°
		Pre-cooked (to reheat) 140°

cleaned.

Step 3 (Cooking) - Do not use “color of meat” only to determine if your meat is properly cooked, ensure you check the internal temperature with a calibrated thermometer. Follow the temperature chart guidelines.

Step 4 (Chilling) - Refrigerate or freeze perishables, prepared food and leftovers within two hours. Do not defrost or marinate food on a kitchen counter. Use the refrigerator, microwave, or cold running water.

Do not forget “Clean, Separate, Cook, and Chill”. With these steps, your barbecue will be delicious and safe.

For more information, please contact public health at 6-2374.



Unsafe grilling practices could lead to hotter summer

Courtesy of the U.S. Consumer Product Safety Commission

It’s that time of the year when most people are pulling out the old grill and dusting off the utensils.

As barbecue season begins, the U. S. Consumer Product Safety Commission warns consumers to exercise caution when using gas and charcoal grills.

Here are some safety tips to reduce the risk of fire or explosion with gas grills:

Check grill hoses for crack-

ing, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.

Move gas hoses as far away as possible from hot surfaces and dripping hot grease.

Always keep propane gas containers upright.

Never store a spare gas container under or near the grill or indoors.

Never store or use flammable liquids, like gasoline, near the grill.

Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to



increase, which may open the relief valve and allow gas to escape.

Make sure your spark ignitor is consistently generating a spark to create a flame and burn the propane gas. If the flame is not visible, the heavier-than-air propane gas may be escaping and could explode.

Never bring the propane tank into the house.

**Charcoal Grill Safety Tips**

Charcoal produces carbon monoxide when it is burned. Carbon monoxide is a colorless, odorless gas that can accumulate to toxic levels in closed environments.

Each year about 17 people die as a result of carbon monox-

ide fumes from charcoal being burned inside. To reduce the risk of carbon monoxide poisoning:

Never burn charcoal inside of homes, vehicles, tents, or campers.

Charcoal should never be used indoors, even if ventilation is provided.

Since charcoal produces carbon monoxide fumes until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.

For more information about grilling safety, visit [www.cpsc.gov](http://www.cpsc.gov).

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Cars that might have been in the parking lot of Sikes Senter mall are stacked on the grass following the April 10, 1979, tornado that ripped through the area. The tornado began on the southwest part of Wichita Falls and moved northeast. Forty-two people were killed during the storm.

Photo courtesy of the National Weather Service

# Severe weather could blow away summer plans

By Mike McKito

Base public communication

Spring and summer is the time for severe weather in the Texoma region. This can range from severe thunderstorms with large hail and strong, damaging wind to tornados.

Since most of us work on Sheppard, we've all heard the base sirens and Giant Voice warn us of impending severe weather. But, what should you look for if you're not in an area that has this capability?

"If you see a big, dark cloud approaching with a lot of lightning and thunder, especially this time of year, it could very easily be a severe thunderstorm," said Mr. Dave Wallace, 80th Operations Support Squadron weather forecaster and storm spotter with the Southwest Independent Repeaters Association. "If you have no other source of information, that

would tell you that it's time to seek shelter."

Mr. Wallace said if a tornado is coming, "you need to be underground." At the very least, get into a sturdy building, center part, lowest level, and stay away from windows. If caught outside, find a ditch or depression.


"Get your body low enough to get out of the wind and the objects that are flying around in it that could hurt you," he said.

If there is lightning present, it is important not to get under isolated, tall trees, like the one's found on a golf course.

"The bigger the tree, the more likely it is to form a lightning rod," he said.

If you are at home and severe weather strikes, Mr. Wallace said getting into the center of the house and away from windows is the best location. A bathroom or closet in the center of the house is a good place to go.


## Sheppard weather



Current Observation:  
855-9045

Forecasts, Warnings,  
Watches, and Advisories:  
676-6995

82 TRW Internet  
Weather Page:  
<https://26ows.barksdale.af.mil/sheppard/>



"Get into the bath tub and put mattresses, blankets or quilts over yourself to protect yourself from flying debris," he said.

When shopping and you hear the warning sirens, stay in the building. Mr. Wallace said the best thing to do in that situation is stay in the building and wait the storm out.

Usually the first thing to happen is a traffic jam of people trying to get home. That poses another safety issue.

If you should be driving in your car when severe weather hits, stop and seek shelter.

Wallace said if people should live in a mobile home, get out.

"People should get out of their mobile homes because they are not built to withstand a lot of wind," Wallace warned. "They need to get out of them and seek shelter."

Finally, to keep abreast of changing weather conditions, Wallace suggests people buy a weather radio.

"A battery-operated National Oceanic and Atmospheric Administration weather radio is a good investment," he said.

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# The heat is on

## Battling temperatures key to surviving Texas summer heat

By Tech. Sgt. James Lagen  
Bioenvironmental flight

Summertime is here, and in Texas, that means hot days.

If you are like me, this is not your favorite time of year. You stay out of the sun as much as possible.

However, if you are one of those people I do not understand, people who love the heat, you can use some common sense precautions when you are out in that unbearable stuff.

Some of the things you should do are:

- Stay hydrated and drink lots of water! Follow the new Air Education and Training Command Water Intake Requirements (Table 1 Below)
- Avoid alcohol, coffee or milk (sports drinks are good, but no better than water for heat stress purposes)
- Limit strenuous activities to the cooler parts of the day (do outdoor training and work in the morning)
- Stay in or get in shape; the more physically fit you are, the better your body can handle that miserable heat
- The darker yellow your urine, the more dehydrated you are
- If you have not urinated in 90 minutes, you are becoming dehydrated
- Do not wait until you are thirsty to drink water
- Drink 30 to 60 minutes prior to strenuous activity
- Drink small amounts frequently throughout the day

So why am I telling you all this? Well, because I work in Bioenvironmental Engineering and it is part of my job. We take the Wet Bulb Globe Temperature (WBGT) readings and disseminate it to base agencies through the Command Post.

The readings can also be received by calling the Heat Stress Hotline at 6-HOT1 or 6-4681.

The WBGT is not a temperature. It is a calculation that takes into account the solar load, temperature, wind and humidity. It works kind of like the wind chill factor, but for heat.

You also need to understand that the WBGT measurement is for occupational exposures to heat stress only. WBGT measurements do not apply to other activities like outdoor recreation, exercise, or home lawn care.

You cannot say to your First Sergeant “I didn’t cut my lawn because it was too hot.” Believe me, I tried that already.

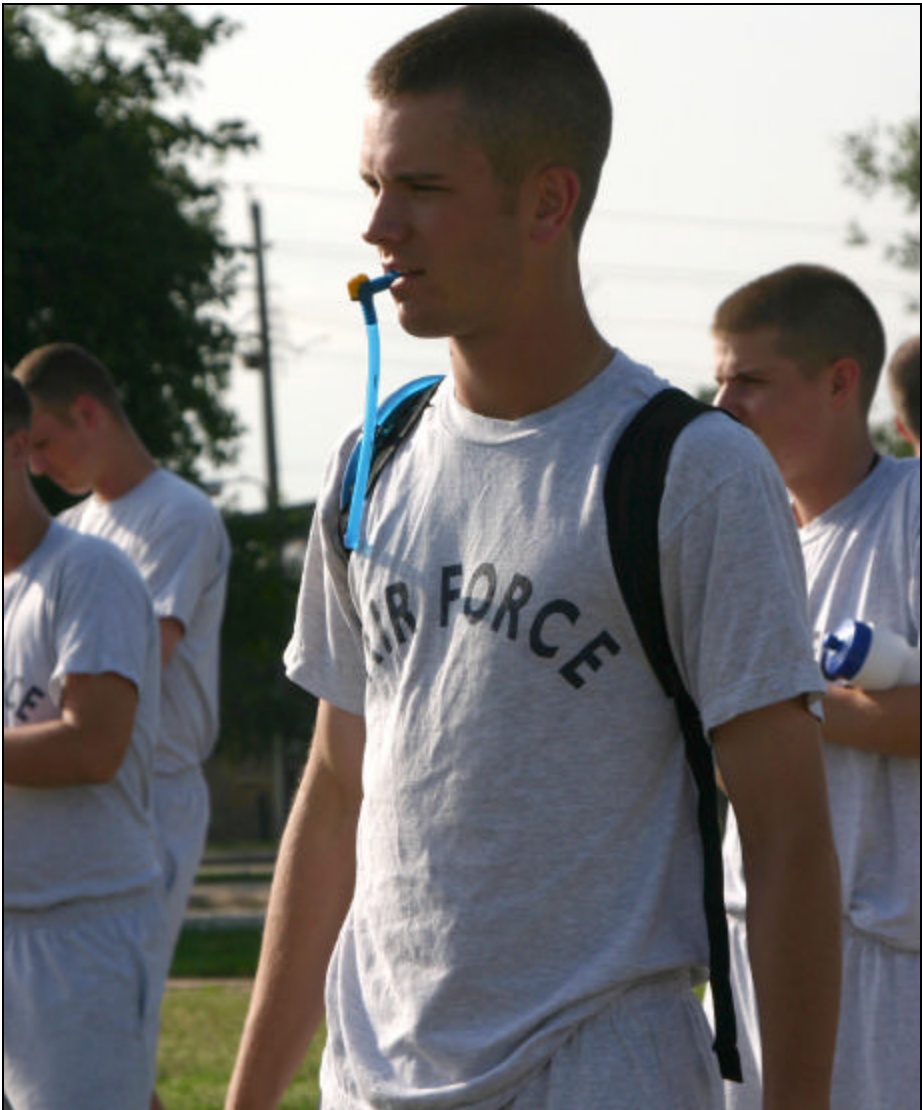


Photo by Airman 1st Class Jacque Lickteig

Airman Justin Reidt, a student in the 362nd Training Squadron, takes a drink from his hydration pack during physical training. Staying hydrated is an important aspect of beating the Texas heat.

You should know what the heat stress stages mean. See the chart below that shows the heat stage number, flag color, training condition, and troop movement style.

Note that heat stage 1 now has a flag color of white.

So there you have it ladies and gentleman. A quick guide to minimizing heat stress this summer. Remember the WBGT heat stress indexes are applied to occupational exposures only. Be heat smart and don’t overdo it and you can have a good time in the Texoma summer heat. Enjoy your summer!

### Hydration tips for summer

These values will sustain performance and hydration for at least 4 hours of work in the specified heat category. (Values are based on US Army Research Institute for Environmental Medicine recommendations; US Army policy.)

- Wearing body armor adds 5 ° F to measured Wet Bulb Globe Test. Body armor includes the vest and metal plate that are worn by security forces.
- When performing activities with ground crew ensemble, fire-fighting gear, or other restrictive or impermeable clothing, make arrangements for remote site measurement of the WBGT and add 10 ° F to the measurement (add 15 ° F if also wearing body armor). These adjustments account for the clothing and equipment effects on evaporative cooling (increased barrier) and any increase in work due to the additional load.
- Rest means minimal physical activity (sitting or standing) accomplished in the shade (shade not necessary).
- Individual water need will vary +/- 1/4 quart per hour.

#### CAUTION

Hourly fluid intake should not exceed 1 1/2 quarts; daily fluid intake should not exceed 12 quarts. Rapid ingestion of large amounts of water (greater than 1 1/2 quarts per hour) may lead to hyponatremia (acute water intoxication), which is a life-threatening condition that may lead to weakness, convulsions, loss of consciousness, and death if not recognized and treated promptly.



Call 6-HOT1 for a heat stress update.

Line	Heat Category (Flag Color)	Temperature Range WBGT (notes 2,3)	Easy Work (100-335 Watts)		Moderate Work (335-500 Watts)		Hard Work (500-700 Watts)	
			Work / Rest (note4)	Water Intake Qt/hr (note5)	Work / Rest (note4)	Water Intake Qt/hr (note5)	Work / Rest (note4)	Water Intake Qt/hr (note5)
1	1 (White)	78 - 81.9	No limit	1/2	No Limit	3/4	40/20 min	3/4
2	2 (Green)	82 - 84.9	No limit	1/2	50/10 min	3/4	30/30 min	1
3	3 (Yellow)	85 - 87.9	No limit	3/4	40/20 min	3/4	30/30 min	1
4	4 (Red)	88 - 89.9	No limit	3/4	30/30 min	3/4	20/40 min	1
5	5 (Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1